

LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly better for seven indicators in Lincoln-Lancaster County (LLC), compared to Nebraska. A greater proportion of LLC adults considered their general health “good” to “excellent”. Fewer adults in this area were physically inactive and a greater proportion participated in the recommended level of vigorous physical activity in a usual week. More adults aged 50 and older reported ever having a colonoscopy or sigmoidoscopy. A greater proportion of LLC adults aged 65 and older ever had a pneumonia vaccination. More adults in this area visited the dentist and had their teeth cleaned within the past 12 months.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity increased significantly from the 2005 baseline in LLC in 2007-2008.

HEALTH CARE ACCESS

In LLC, 12.2 percent of BRFSS respondents aged 18 to 64 years reported having no health insurance at the time of the survey.

In 2007-2008, 12.4 percent of adults in this area stated they did not have a personal doctor or health care provider.

At some time in the past year, 7.5 percent of LLC adults needed to see a doctor but could not due to the potential cost of care.

Six out of ten respondents (61.8 percent) reported visiting a doctor for a routine checkup in the past year. Men (54.2 percent) were significantly less likely than women (70.5 percent) in this area to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In LLC, 19.3 percent of adults indicated their household was not prepared for a major disaster. Three-fourths of all adults (77.4 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (54.2 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 22.3 percent of households said they did not. Men in LLC (27.9 percent) were significantly more likely than men statewide (16.0 percent) to be without a three-day supply of food.

One in ten respondents in this area (9.5 percent) indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

Fourteen percent of LLC households (14.0 percent) did not have a working battery-powered radio. Women in this area (11.4 percent) were significantly less likely than Nebraska women overall (20.3 percent) to say they did not have this kind of radio.

Only 2.9 percent of LLC households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the LLC area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 5.6 percent stated they would not do so.

The majority of adults in LLC (76.1 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

More than one-half of respondents in this area (53.9 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Compared to adult Nebraskans overall (88.5 percent), a significantly greater proportion of LLC adults (90.9 percent) rated their general health “good”, “very good”, or “excellent.”

Adults in this area averaged 2.8 days in the past month when their physical health was “not good” and 2.7 days when their mental health was “not good”.

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 2.8 days in the past month.

DISABILITY

In 2007-2008, 17.3 percent of adults in LLC stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.1 percent of adults in this area.

MENTAL HEALTH

Only 1.1 percent of LLC adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 11.3 percent of adults.

A somewhat larger proportion of LLC adults (16.7 percent) said they had ever been diagnosed with a depressive disorder, while 10.2 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In LLC, 3.2 percent of adults said they ever had a heart attack, while 3.6 percent were ever told they had angina or coronary heart disease.

Fewer LLC respondents (2.4 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults in LLC who had ever been told by a doctor or other health professional that they have high blood pressure was 24.8 percent in 2007.

Eight out of ten adults in this area (81.4 percent) ever had their cholesterol level checked and 76.5 percent had it tested in the past five years. Among respondents who ever had their blood cholesterol level checked, 36.8 percent had been told it was high.

DIABETES

Among LLC adults, 7.4 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

Three out of ten adults in this area (30.2 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults who had ever been told they had asthma was 11.5 percent, while 9.0 percent currently have this disease.

OVERWEIGHT AND OBESITY

Nearly one-fourth of all adults residing in LLC (24.3 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 35.5 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 59.8 percent of adults in this area were overweight or obese in 2007-2008.

Men in this area (43.6 percent) were significantly more likely than women (27.5 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

One-fourth of LLC adults (26.3 percent) consume fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

Compared to Nebraska overall (23.0 percent), a significantly smaller proportion of adults in this area (18.0 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month. Men in LLC (15.5 percent) were also significantly less likely than men statewide (22.4 percent) to report being physically inactive.

Six out of ten LLC adults (59.6 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. This current rate represents a significant increase from the 2005 rate of 47.3 percent.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 40.2 percent of respondents from this area. This rate is significantly greater than the average for Nebraska adults (31.8 percent).

TOBACCO USE

One-fifth of LLC adults (19.9 percent) said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 54.8 percent reported trying to quit smoking at least once in the past 12 months.

More than one-third of LLC men (37.8 percent) said they had ever used smokeless tobacco, while 8.9 percent stated they currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 16.8 percent of adults in this area, while 4.3 percent engaged in heavy drinking in the past 30 days.

Drinking and driving was reported by 7.6 percent of adults in this area in the last month.

CANCER SCREENING

Among women aged 40 and older in LLC, 71.9 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 93.4 percent reported ever having a Pap test, while 76.1 percent said they had this test within the past three years.

Most men aged 50 and older (86.9 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 78.6 percent said they had this test in the past two years.

Among LLC adults aged 50 and older, 62.9 percent reported ever having a colonoscopy or sigmoidoscopy. This proportion is significantly greater than the Nebraska rate of 56.1 percent.

Among persons in this age group, 27.7 percent said they had a blood stool test in the past two years. Compared to Nebraska men overall (21.4 percent), a significantly greater proportion LLC men aged 50 and older (30.9 percent) had this screening done in the last two years.

IMMUNIZATION

Three-fourths of adults aged 65 and older (76.5 percent) said they had been vaccinated for influenza in the past 12 months.

Compared to the Nebraska average of 71.2 percent, a significantly larger proportion of LLC adults aged 65 and older (80.6 percent) indicated they ever had a pneumonia vaccination. Men in this area (82.3 percent) were also significantly more likely than men statewide (69.1 percent) to have ever had this preventive measure.

ORAL HEALTH

Adults in LLC (77.6 percent) were significantly more likely than adults statewide (70.7 percent) to have visited a dentist in the past 12 months.

They were also significantly more likely (78.0 percent) than Nebraska adults overall (70.1 percent) to state they had their teeth cleaned within the last year. A significantly greater proportion of LLC men (77.2 percent) reported having a dental cleaning in the past 12 months, compared to men statewide (66.7 percent).

Three out of ten LLC respondents (30.3 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 13.4 percent reported having all their teeth extracted due to decay or gum disease.

LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	1,039	12.2	NS	421	13.9	NS	618	10.4	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,419	12.4	NS	546	15.0	NS	873	9.4	NS
3. Needed to see a doctor in past year but could not because of cost	1,417	7.5	NS	546	6.5	NS	871	8.6	NS
4. Visited a doctor for a routine checkup within the past year	1,401	61.8	NS	542	54.2	NS	859	70.5	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	520	19.3	NS	190	20.8	NS	330	17.4	NS
2. Household has no disaster evacuation plan	523	77.4	NS	192	82.3	NS	331	72.1	NS
3. Does not have at least 3-day supply of water	525	54.2	NS	192	59.5	NS	333	48.1	NS
4. Does not have at least 3-day supply of non-perishable food	528	22.3	NS	193	27.9	Sig.	335	15.4	NS
5. Does not have at least 3-day supply of prescription drugs	528	9.5	NS	193	13.7	NS	335	3.7	NS
6. Household has no working battery-powered radio	526	14.0	NS	194	16.9	NS	332	11.4	Sig.
7. Household has no working battery-powered flashlight	528	2.9	NS	194	3.4	NS	334	2.4	NS
8. Household would not leave home if evacuation were required	488	5.6	NS	173	9.9	NS	315	1.6	NS
9. Household would use cell phone as main source of communication	496	76.1	NS	181	69.0	NS	315	83.2	NS
10. Household would use radio as main source of information	503	53.9	NS	186	59.6	NS	317	47.8	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,419	90.9	Sig.	546	90.9	NS	873	90.7	NS
2. Average number of days (in past month) that physical health was not good	1,406	2.8	NS	543	2.5	NS	863	3.1	NS
3. Average number of days (in past month) that mental health was not good	1,412	2.7	NS	544	2.3	NS	868	3.1	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	715	2.8	NS	237	2.9	NS	478	2.8	NS
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,408	17.3	NS	542	17.8	NS	866	17.3	NS
2. Have health problems requiring use of special equipment	1,411	6.1	NS	545	5.8	NS	866	6.3	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	249	1.1	NS	89	1.5	NS	160	0.9	NS
2. Have current depression (based on Severity of Depression score of 10+)	268	11.3	NS	103	10.5	NS	165	12.8	NS
3. Lifetime diagnosis of depressive disorder	287	16.7	NS	114	12.0	NS	173	21.9	NS
4. Lifetime diagnosis of anxiety disorder	287	10.2	NS	114	8.5	NS	173	12.3	NS

LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,416	3.2	NS	544	4.4	NS	872	2.3	NS
2. Ever told they had angina or coronary heart disease	1,407	3.6	NS	543	4.9	NS	864	2.6	NS
3. Ever told they had a stroke	1,420	2.4	NS	547	3.2	NS	873	1.9	NS
4. Ever told blood pressure was high	546	24.8	NS	200	28.2	NS	346	21.2	NS
5. Ever had cholesterol level checked	537	81.4	NS	197	80.2	NS	340	82.4	NS
6. Had cholesterol level checked during the past five years	530	76.5	NS	193	74.0	NS	337	78.9	NS
7. Ever told cholesterol was high, among those who had ever been screened	471	36.8	NS	168	42.1	NS	303	30.4	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,418	7.4	NS	546	8.8	NS	872	6.4	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	539	30.2	NS	197	28.9	NS	342	31.5	NS
ASTHMA									
1. Ever told they had asthma	1,416	11.5	NS	544	10.3	NS	872	12.9	NS
2. Currently have asthma	1,411	9.0	NS	544	8.3	NS	867	9.9	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,352	24.3	NS	536	26.5	NS	816	21.7	NS
2. Overweight (BMI=25.0-29.9)	1,352	35.5	NS	536	43.6	NS	816	27.5	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	538	26.3	NS	196	22.7	NS	342	29.5	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,420	18.0	Sig.	547	15.5	Sig.	873	20.5	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	513	59.6	NS	187	63.5	NS	326	55.7	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	525	40.2	Sig.	191	47.0	NS	334	33.4	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,414	19.9	NS	545	21.4	NS	869	18.2	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	227	54.8	NS	91	54.9	NS	136	58.7	NS
3. Ever used smokeless tobacco (males)	--	--	--	337	37.8	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	118	8.9	NS	--	--	--

LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	557	16.8	NS	210	20.6	NS	347	13.1	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,399	4.3	NS	535	3.8	NS	864	4.8	NS
3. Engaged in drinking and driving in the past 30 days	483	7.6	NS	223	9.3	NS	260	5.3	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	532	71.9	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	689	93.4	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	679	76.1	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	69	86.9	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	67	78.6	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	74	79.5	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	73	62.8	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	662	62.9	Sig.	258	64.6	NS	404	61.8	NS
9. Among adults aged 50+, had a blood stool test in past two years	583	27.7	NS	235	30.9	Sig.	348	25.1	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	379	76.5	NS	126	79.1	NS	253	74.7	NS
2. Ever had a pneumonia vaccination (aged 65+)	372	80.6	Sig.	124	82.3	Sig.	248	79.3	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	866	77.6	Sig.	342	76.5	NS	524	78.6	NS
2. Had teeth cleaned in past 12 months	825	78.0	Sig.	330	77.2	Sig.	495	78.6	NS
3. Had one or more teeth extracted due to decay or gum disease	862	30.3	NS	344	29.8	NS	518	30.8	NS
4. Had all of their teeth extracted (aged 65+)	229	13.4	NS	84	12.2	NS	145	14.2	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska